

1. A method of delivering a substance to the nasal airway of a subject, comprising the steps of:
 - sealing one of the nostrils of a subject to an outlet of a delivery unit such as to prevent the escape of a gas flow through the one nostril;
 - 5 closing the oropharyngeal velum of the subject; and
 - delivering a gas flow entraining a substance through the outlet at such a driving pressure as to flow around the posterior margin of the nasal septum and out of the other nostril of the subject.
- 10 2. The method of claim 1, wherein the velum closure step is provided by exhalation by the subject.
- 15 3. The method of claim 2, wherein the exhalation is through a flow resistor so as to maintain a positive pressure differential between the oral cavity and the nasal airway of the subject sufficient to maintain the velum in the closed position.
- 20 4. The method of claim 3, wherein the flow resistor is configured to maintain a positive pressure differential of at least about 5 cmH₂O between the oral cavity and the nasal airway of the subject.
5. The method of claim 1, wherein the gas flow entraining the substance is provided by actuation of a supply unit.
- 25 6. The method of claim 5, wherein the gas flow is separate to the exhalation flow of the subject.
7. The method of claim 6, wherein the supply unit is actuated by the exhalation flow of the subject.
- 30 8. The method of claim 5, further comprising the step of controlling the flow rate of the gas flow delivered by the supply unit.

9. The method of of claim 1, wherein the gas flow entraining a substance is provided by an impeller driven by the exhalation flow of the subject.
10. The method of of claim 1, wherein the gas flow entraining a substance is provided by the exhalation flow of the subject.
5
11. The method of claim 1, further comprising the step of providing a flow resistance to the gas flow exiting the other nostril of the subject such as to maintain a dynamic positive pressure in the nasal airway of the subject.
10
12. The method of claim 11, wherein the dynamic positive pressure is of sufficient magnitude as to force open at least one of the auditory tubes or the sinus tubes.
- 15 13. The method of claim 11, further comprising the step of adjusting the flow resistance in maintaining a dynamic positive pressure in the nasal airway of the subject
14. The method of claim 11, wherein the dynamic positive pressure is at
20 least 5 cm H₂O.
15. The method of claim 14, wherein the dynamic positive pressure is at least 50 cm H₂O.
- 25 16. The method of claim 15, wherein the dynamic positive pressure is at least 100 cm H₂O.
17. The method of claim 16, wherein the dynamic positive pressure is at least 200 cm H₂O.

30

18. The method of claim 11, further comprising the step of providing at least one of a visual or an audible signal when a predeterminable pressure has been achieved in the nasal airway.
- 5 19. The method of claim 1, further comprising the step of providing at least one of a visual or an audible signal on exhalation by the subject.
20. The method of claim 19, wherein the visual signal comprises the movement of a display member into view.
10
21. The method of claim 1, wherein the substance comprises a dry powder.
22. The method of claim 1, wherein the substance comprises liquid droplets.
15
23. The method of claim 22, wherein the liquid droplets comprise one of a solution or a suspension.
24. The method of claim 21, wherein a major fraction of the particle size distribution is in the range of about 1 to 10 µm.
20
25. The method of claim 24, wherein the particle size distribution is substantially in the range of about 1 to 10 µm.
26. The method of claim 1, wherein the substance contains a medicament, particularly for the treatment of a nasal condition.
25
27. The method of claim 1, wherein the substance comprises a cleansing agent for cleansing the nasal airway.
- 30 28. The method of claim 1, wherein the substance comprises an irrigating agent for irrigating the nasal airway.

29. The method of claim 1, in delivering a substance to the posterior region of the nasal airway.
30. The method of claim 1, in the treatment of nasal inflammation, particularly rhinitis.
5
31. The method of claim 1, in the treatment of nasal polyps.
32. The method of claim 1, in the treatment of hypertrophic adenoids.
10
33. The method of claim 1, in the treatment of secretory otitis media.
34. The method of claim 1, in the treatment of reduced olfaction.